

SWIMMING POOL RULES

Summer 2018

The following rules governing the conduct of the Springboard Recreations Club facilities are published for the information and guidance of all members and guests.

Pool Hours (2018) beginning Memorial Day Weekend

Prior to Fairfax County school closing

Saturdays: 11:00 - 9:00 p.m.

Sundays: 12:00 - 8:00 p.m.

Mon. - Fri: 3:00 - 8:00 p.m.

June 11 to June 15 the pool will open 1:00 p.m.

Regular Summer Hours

Saturdays: 11:00 - 9:00 p.m.

Sundays: 12:00 - 8:00 p.m.

Mon. - Fri.: 11:00 - 9:00 p.m.

Holiday Hours

Memorial Day 11:00 - 8:00 p.m.

Independence Day 11:00 - 6:00 p.m.

Labor Day 11:00 - 6:00 p.m.

August 28 to August 31 the pool will open 3:00 p.m.

May 30 through June 15, swim practice will use all six lanes from 3:45 pm to 5:30 pm. The dive well and the shallow entrance (by the stairs) will follow the above schedule.

Remember to watch pool newsletters, web site (www.springboardpool.org) and bulletin boards for special events (such as Raft Nights) and restricted pool hours during home swim/dive meets.

Pool Management

The Pool Manager, as agent for our pool management company (i.e. Atlantic Pools), is in complete charge of the pool and will supervise all pool personnel.

Per our bylaws, the Manager on-duty is responsible for enforcing all rules and regulations, and has final and conclusive authority to enforce all matters relating to health, safety and behavior in the pool and pool area.

Admission to Club Premises:

1. Club premises refers to all grounds owned by the club and enclosed with fencing.
 - The pool area refers to the area enclosed by a fence with barbed wire. As such, it includes the main and wading pools, the deck around those pools, the pavilions and grill areas, and the grassy areas, and the clubhouse and other structures inside the fence.
 - Besides the pool area, other areas included in the club premises are the driveway, parking lot, and other grassy areas outside the barbed wire fence.
2. All members and their guests are required to register at the pool entrance.
3. Guests must be accompanied by a member. If a guest arrives at the pool before the member, the guest is welcome to wait at the front entrance right outside the clubhouse entrance.
4. Members under the age of 18 are limited to 3 guests per visit. Members 18 and older are limited to 5 guests per visit unless they are part of during-hours party. In all cases, the guard staff has the duty during regular hours to limit the total number of members and guests in the pool area to 184, the capacity limit set by Fairfax County.
5. Guests 2 years or older must pay a fee or provide a Guest Pass.

Guest Fees:

Day Pass \$5.00 per day / per person

Evening Pass \$2.00 per day / per person arriving after 5:00 PM

(Guest Passes, including a reduced-price package of 10, are available at the front desk)

6. Seniors *not using the pool* will be admitted for free.
7. Entrance to the pool will be through the bathhouses.
8. All adults and children using the pool must wear swimming attire. No street attire (i.e., cut off shorts halter tops, etc.) will be permitted in the water.
9. No one with open wounds, inflamed eyes, sores, or skin infections will be allowed in the pool.
10. No one under the influence of drugs or alcohol will be admitted to the pool.

Club Premises Rules and Regulations

1. Speed limit on driveways and in the parking area is 5 MPH.
2. All members/guests entering the Club grounds on bicycles, skateboards, or roller skates are not allowed to use those devices within the pool area. Use of those devices for “joy riding” in the parking lot is also not permitted. All bicycle riders will use the area designated for parking bicycles.
3. Members are responsible for the cost of any property damage they cause. If a guest causes property damage, the damage shall be charged to the sponsoring member.
4. Smoking is prohibited in the clubhouse, pool, the adjacent concrete deck, cuda shack area, cooking area and wading pool area (to include the entire fenced grounds around the wading pool inclusive of the adjacent pavilion, play-ground equipment, and grass area). No smoking on pool property by anyone under the age of 18 is permitted. Non-smokers and smokers please be considerate of all members and guests.
5. No chewing of gum is permitted within the pool area.
6. No abusive, offensive, or profane language will be permitted. Misconduct of this nature by a member or a guest may result in removal from the pool grounds by the Pool Manager, Manager on-duty and/or a Springboard Recreation Club Board member.
7. Individuals with radios, tape/CD/mp3 players or other types of audio players are permitted if used in conjunction with earphones or headsets and must be operated at a low level, which is not objectionable to others.
8. No obscene behavior.
9. No loitering at the front desk, or other guard areas.
10. No sitting on, standing on or general abuse of the ping-pong tables and other equipment located in the Club House or other areas.
11. All refuse will be placed in the trash containers provided for this purpose. Please use recycling containers as appropriate.
12. Only authorized staff is allowed in the guard area (i.e. Guard Shack, Filter Building, Storage Rooms,).
13. Only adult members are allowed in the Cuda Shack. If a minor is invited into the Cuda Shack for the purposes of assisting an adult, the minor must be accompanied and supervised at all times by the adult member.
14. Only adults may use the charcoal grills in designated areas.
15. No pets will be permitted in the pool area.

Health and Safety Rules and Regulations

1. All bathers must take a soap shower before entering the pool.
2. Do not urinate in the pool.
3. Do not drink the pool water.
4. Spitting, spouting of water, blowing of nose, etc. are strictly prohibited in the pools.
5. Babies taken into either pool must wear rubberized training pants over cloth diapers or Huggies "Little Swimmers". Parents will be asked to take their children out of the pool if they are not properly diapered.
6. No food or drinks (covered drinks only) are permitted in the concrete deck area immediately adjacent to the pools. Food may be consumed in the grassy areas as well as the picnic tables in the pavilion areas.
7. No glass containers or breakable objects of any kind are allowed in the pool enclosure.
8. Running, pushing, wrestling or causing undue disturbance in or about the pool area is not permitted. No games infringing on others' enjoyment at the pool are allowed.
9. No hanging or pulling on pool rope lines.
10. No use or tossing of hard balls of any kind to include, but not limited to lacrosse balls, baseballs, footballs, basketballs, tennis balls. Or any other objects which has the possibility of injuring other members. Any dispute on what constitutes a hard ball shall be decided by the Pool Manager on-duty.
11. Life jackets-USCG approved- (not rings) and swimmies (water wings), which are tied or otherwise securely fastened to the body, are permitted for use by children only if child is within arms length of parent. Lifeguards will determine if children assisted by swimming floatation devices will be allowed in the deep end of the Main Pool.
12. The use of tubes, rings, rafts, etc. must be approved by the lifeguards including Raft Nights
13. Water guns and similar devices is prohibited in the Main Pool except during events authorized by the Springboard Recreation Club Board.
14. The pool will be closed in the event of thunder or lightning, or rain of an intensity that, in the judgement of the Pool Manager, impedes the ability of the lifeguards to ensure swimmer safety. Members must leave the pool area including all pavilions. The pool will open 30 minutes after the last thunder or lightening (as determined by the pool manager).
15. The pool will be cleared of all people in the event of an emergency. The signal for this will be three (3) sharp blasts of the guard's whistle.

Progressive Penalty Policy

1. For the 1st Infraction of the rules - Warning
2. For 2nd Infraction - 15 minute benching
3. If a member is under the age of 16 and is benched 3 times in a week, a parent or guardian will be notified and told the next infraction will result in an ejection of the member.
4. The manager will eject any member benched more than 3 times in a week from the facility for at least 24 hours. A parent or guardian will be notified of the ejection.
5. Any member cursing at or threatening physical harm to a staff member or pool patron will be immediately ejected by the Pool Manager or Manager on-duty (if applicable, a parent or guardian will be notified).
6. Guests are subject to the same penalties as members except that an ejected guest will not be allowed back in the pool for the season.

Rules Applying Specifically to Children

1. Children under 6 years old shall be attended by a parent or designated baby sitter at all times.
2. No Lifeguards are posted at the wading pool. Supervision of children at the wading pool is the responsibility of the parent or designated baby-sitter. Children shall not be left unattended in this area and parent/baby-sitter must remain within the fenced wading pool area with children at all times.
3. All children less than 10 years of age must be accompanied by a responsible person while on the pool premises. A responsible person is defined as a person assigned by the parents as having the maturity and ability to care for the safety of another person at the pool. This person must be at least 14 years old. The final judgment of who is responsible and who is not responsible is left to the pool manager.
4. Children between the ages of 10 and 14 (i.e., they have passed their 10th birthday but have not reached their 14th) may come to the pool unaccompanied to swim, provided they have passed the basic swimming test and agree to comply with the rules and regulations.
5. Swimming Test:
 - a. Swimming 25 meters.
 - b. Treading water for a one-minute period.
6. In order to prevent excessive fatigue and chilling, children less than 18 years of age are required to leave the main pool upon the signal from the lifeguards for a break. The length of this break is 15 minutes. During the break periods, infants under 2 years of age may enter the pool with parents but not in the lap lane, diving well, and slide area and should avoid adults doing laps during the break.
7. Children cannot be left unattended outside the front gate when the Guards secure the pool for the evening or when weather conditions warrant closing the facility. By contract, the Guards are not paid to remain at the pool after the posted closing times unless approved for overtime

by the Springboard Recreation Club Board. Accordingly, the member of children left at the pool after hours may be:

- a. Assessed any expenses incurred by the pool for Guards who remain until the child is picked up, or
- b. Required to accompany the child at all times while at the pool.

Rules on Use of Wading Pool and Surrounding Gated Pool Area

1. The wading pool is reserved for children 6 years of age or younger. A parent or baby-sitter must remain within the fenced wading pool area with the child(ren) at all times as no lifeguards will be posted at the wading pool.
2. Only children, ages 12 and under, may use the swing set and other recreational equipment in the grassy pool area next to the wading pool.

Diving Board Rules

1. Only children who have passed the swimming test or persons 14 years and older, may use the diving board.
2. Only one (1) person may be on the diving board or ladders at one time.
3. Do not dive until the previous diver has reached the side of the pool or ladder.
4. Only one bounce per dive.
5. No running on diving boards.
6. Front and back dives only. No inwards, cut-aways, or gainers.
7. Divers must leave the diving area as soon as practical after entering the water.
8. Parents (or anyone) may not be in the diving well to “catch” or assist diver.
9. Diving board may be closed as deemed necessary by the lifeguard on duty.
10. No goggles or flippers shall be worn off the diving board.
11. Children assisted by swimming floatation devices are not allowed in the diving well.

Slide Rules

1. Only children who have passed the swimming test, persons 14 years and older, or persons who are at or above the minimum height as indicated on the sign attached to the slide may use the slide.
2. Only one (1) person allowed on the slide or ladder at one time.
3. Do not start down the slide until water area at bottom of slide is clear. Parents (or anyone) may not be below the slide to “catch” or assist the slider.
4. The deck area under the sliding board must be clear at all times.
5. Slide may be closed as deemed necessary by the lifeguard on duty.
6. No goggles or flippers shall be worn on the slide.

Lap Lane Rules

1. A single lap lane will be available during all pool hours with the exception of swim team activities. The lap lane is for patrons swimming laps only. The lap lane is sufficiently wide enough for 2 swimmers at a time. Lessons for any swimmer should be conducted outside of the lap lane. If space and capacity permits any member may request the lifeguard to add a lane line for additional lap swimmers

Care Provider (Babysitter) Guidelines

1. For those members who employ a care provider for the season: where that care provider is not a part of the household and also not otherwise a member of the club, the member may list the care provider on the member’s membership. If the care provider is so listed, he or she will be allowed entrance to the pool at no charge, solely for purposes of accompanying the members’ children to the pool.
2. The care provider must be able to swim and be at least 14 years old.
3. The member (parent) must make the care provider aware of the club rules and regulations.

Guidelines for Day Care

1. A member who is a family daycare provider for a non-members child over the age of two (2) years may bring that child all season to the pool for a fee of \$125.00. The maximum total of children that one day care/pool member may bring to the pool is five (5) at \$125.00 per child. Day care providers must insure that day care children are officially on their memberships to allow them to accompany the member at no charge.
2. Day care children may only use the pool when accompanied by the day care/pool member and must follow club rules and regulations.

Swim Tests Procedures

- The Springboard Recreations Club's swim test consists of swimming the entire length of

the pool (25 meters) one (1) time and treading water in the deep end for a 1 minute period.

- All children between the ages of 10 and 14 must pass the swim test to be at the pool unaccompanied by an adult (this includes guests).
- All children under the age of 14 must pass the swim test to use the slide, diving board or to enter water over their head (this includes guests).
- Everyone who passes the swim test will have their name recorded for future reference.

Pool Party Swim Test Procedures

- Party hosts will be reminded as they enter the pool that all children under the age of 14 must pass the swim test to use the slide, diving board or to enter water over their head (this applies to members and guests alike). They will be instructed not to allow any party member under the age of 14 in the pool until they have passed the test.
- All party members will be reminded as they enter the pool that all children under the age of 14 must pass the swim test to use the slide, diving board or to enter water over their head. They will be instructed not to enter the pool until they have passed the test if they are under 14 years of age.
- A group test will be administered at the beginning of every party. This applies to all parties inside and outside of the pools' normal hours of operation.